



Mindfulness and Self Care

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Tick Talk Marijuana Absenteeism
concussions ACES mental health
emergency teams **DOE**
anaphalaxis **drugs** **HPV** DHS
Hemophilia Language Barriers Anxiety
Depression **Diabetes** Assessment ENT
Gastroenterology

A thought is just a thought.....



What is mindfulness?

Jon Kabat Zinn definition:

- Paying attention
- On purpose – conscious and deliberate direction of attention
- In the present moment –here and now, as it is
- Non-judgementally- “watching” of perceptions, thoughts and emotion

Mindfulness is simply

being aware of what is
happening right now
without wishing it were
different.

~Enjoying the pleasant
without holding on when it
changes. (which it will)

~Being with the unpleasant
without fearing it will always
be that way. (which it won't)

~James Baraz

GratitudeHabitat.com



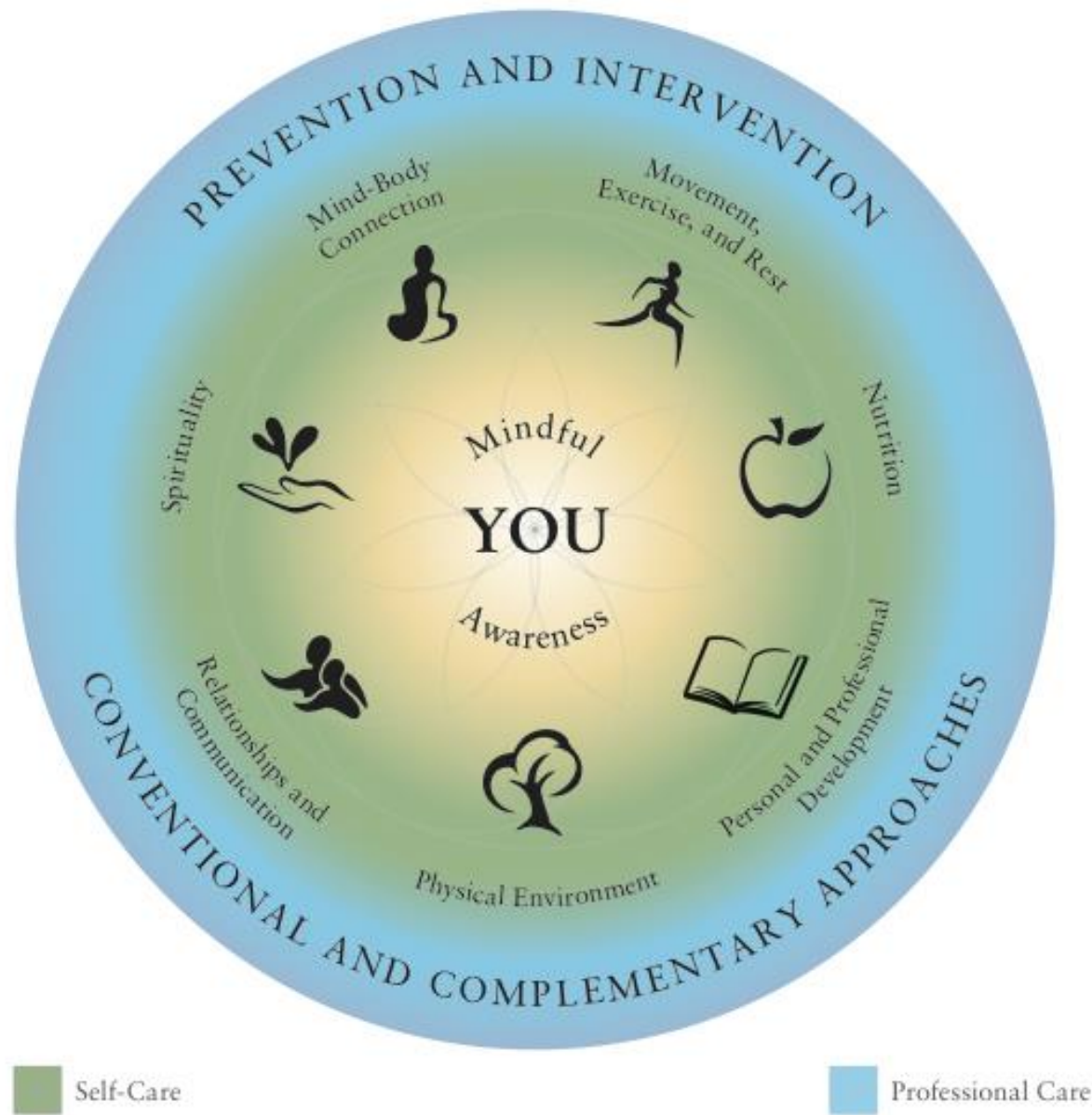


Breath Awareness

- We spend so much time thinking about the past and the future that we are rarely in the moment. Simple breathing techniques can help calm down the sympathetic nervous system as well as help us be more centered and present.
- DEEP BREATHING EXERCISE

Mindfulness Practice: Emotional Awareness

- Awareness of emotions starts with just that—paying attention more often to how we feel. From there, slowly and over time, we can set new intentions for ourselves. For the next few days, aim to*:
- Recognize emotions more often as they arise. Label briefly, if you like, whatever emotion you notice.
- Refrain, for a moment, from doing whatever you typically do with that emotion. Pause, take a few breaths, and let things alone before taking a next step.
- Relax if you can, letting go of any sense of constriction or tension the emotion causes you. If you see something useful to be done about how you feel—go for it. If not, practice letting things be, instead of falling back on reactive, less productive habits.
- Resolve to keep working on emotional awareness and reactivity. Old habits change slowly, not all at once.



Self Care for Improving Health and well-being

- Mind –body connection
- Movement, exercise and rest
- Nutrition
- Spirituality
- Personal and professional development
- Physical environment
- Relationships and communication

**SLOW
DOWN**

**KEEP
CALM**

**BE
POSITIVE**

**TAKE
IT
EASY**

UNPLUG

**ENJOY
LIFE**

**HAVE
FUN**

BREATHE

RELAX

**GO
OUTSIDE**



MEDITATE





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<http://www.chicagonow.com/healthy-human/2015/12/stressed-about-stress-heres-6-things-you-can-about-it/>



Let me bring Peace into moments of chaos.

- Jonathan Lockwood Huie

www.DreamThisDay.com

GeniusQuotes.net

<http://geniusquotes.org/amazing-peaceful-quotes-and-hd-pictures/>

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Publications

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Read about how nurses are working to integrate health care on these pages that share stories of our members who work in [Integrative Healthcare Programs and Centers](#).

Holistic Nurses Cost Effectiveness

Read the page on cost effectiveness of holistic nursing from the booklet recently released by the Integrative Healthcare Policy Consortium (IHPC).

Building a Private Practice

If you've wanted to create your own holistic practice, you'll want to read this primer that covers all the basics – from finances to marketing.

Stress Management for Nurses

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Holistic Nurses Association

www.ahna.org/Resources/Stress-Management

<http://www.ahna.org/Resources>

Harvard Wellness Center

Duke Integrative Medicine

Kripalu.org –Thrive Blog

Mindful.org

Thank you for all you do.

New Slide 1

Content

New Slide 2

Content